Vancouver metro

TUESDAY, NOVEMBER 22, 2016

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metroNEWS

Your essential daily news | TUESDAY, NOVEMBER 22, 2016

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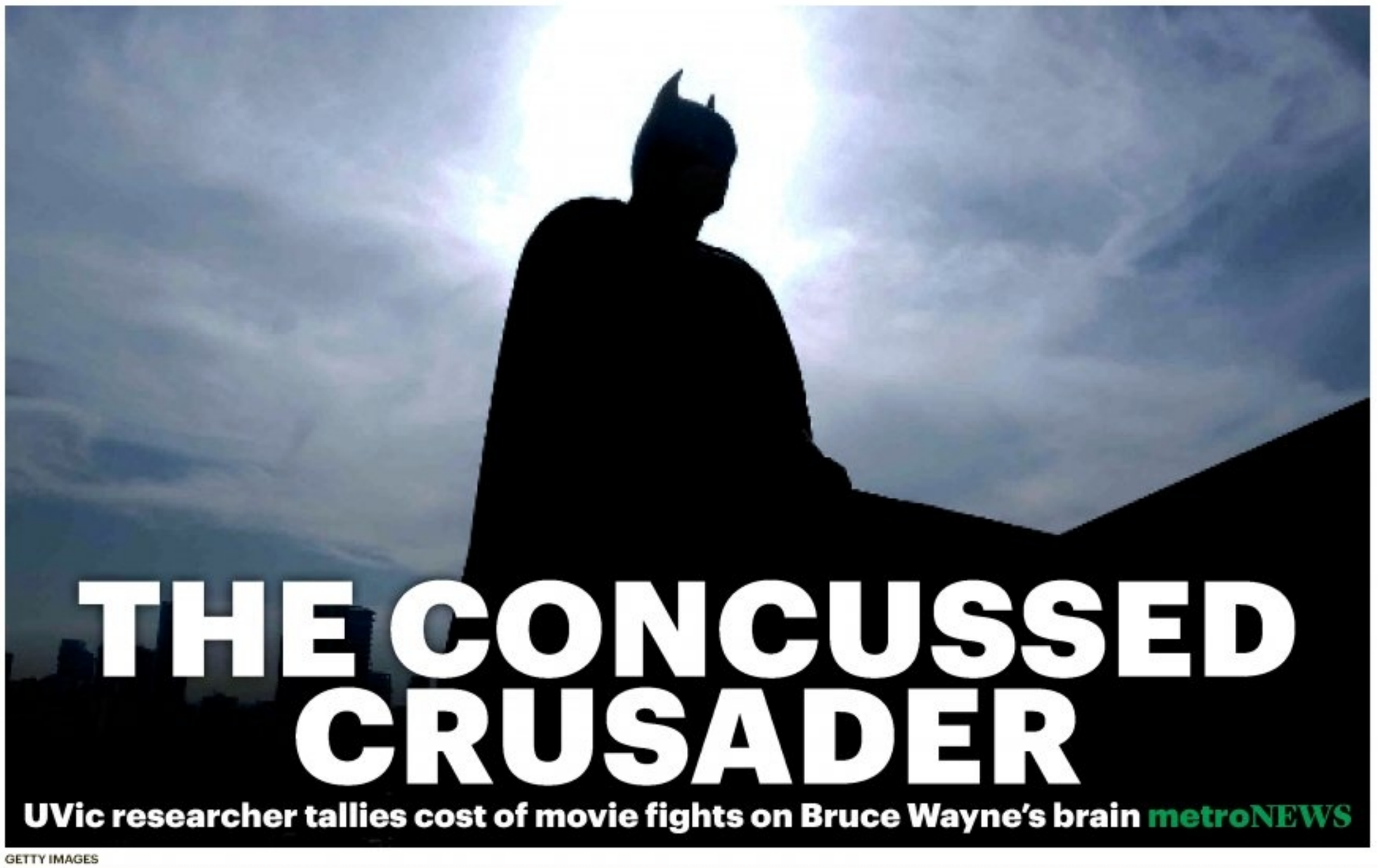

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GETTY IMAGES

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Your essential daily news

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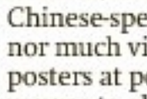
Chinatown wants voice heard

REDEVELOPMENT

Rising prices, upscale retailers have residents feeling shut out



David P. Ball
Metro | Vancouver

A longtime Vancouver Chinatown resident who identified herself only by her surname — Mrs. Lau — calls on the city to better consult Chinese-speaking residents like her. DAVID P. BALL/METRO

Vancouver's Chinatown is celebrated for its bright-coloured welcome archway, hidden courtyards, and the aroma of merchants selling everything from traditional medicines to fresh fish, barbecued duck, and dim sum.

But five years after it was officially protected as a National Historic District, local Chinese-Canadian residents fear they may soon become historic artifacts of Chinatown too.

On Monday, more than a dozen local residents held signs in Chinese and English suggesting they no longer felt welcome in their long-time community.

They argued that the city's plans to allow redevelopment of many parts of the neighbourhood didn't adequately consult them.

The city held public hearings and publicized its plans for the area, but according to several residents there was little notice provided to the Chinese-speaking community, nor much visibility for Chinese posters at popular community venues to alert them to opportunities to be heard.

"I've seen all these changes happen to Chinatown over all these years," said a 29-year local who identified herself as Mrs. Lau, translated from Cantonese by Carnegie Community Action Project organizer Kingmong Chan.

> **Now with so many highrise buildings, we feel that these developers are pushing out all the retailers we shop at.**
> Mrs. Lau, Chinatown resident

"Decades ago, the streets were so full you always ran into people. But now … there's been a really big change."

Lau said despite mail-outs to residents about the recent open houses, she didn't receive any.

"Neither did a lot of my neighbours or people I talk to in the neighbourhood," she alleged.

"So who are they talking to? What's the point of hosting an open house?"

According to the City of Vancouver, open houses took place on Oct. 22 and 25 to prepare an update to its Chinatown Economic Revitalization Action Plan.

The city has proposed updating its development rules to "improve the form of new development," clarify the density levels of such developments, "protect the historic character" of the area, and to "encourage a wider mix of uses to support the Chinatown economy."

According to the Chinatown Concern Group, the city's revitalization plan needs more aggressive outreach and opportunities for locals to express concerns in their own languages before heading to council next year.

At the press conference Monday morning at the corner of Main and Georgia streets, the organization said the city should extend its consultations with the Chinese-Canadian community in the area because many residents felt unheard.

"If you talk to anyone in Chinatown, they're all really concerned and stressed about the changes because they don't know where they'll move if they get renovicted," said Beverly Ho — referring to landlords evicting tenants ostensibly to renovate their buildings.

"We want to give the city another chance so they can do this open house process properly so it's actually open."

The city's website cites a number of grants offering funding for heritage preservation and programs in the historic neighbourhood since approving the strategy in 2012.

That spending includes $100,000 to the Chinatown Society Heritage Buildings Association announced in June and $496,000 awarded for 2016 Chinese Society Buildings Matching Grants announced in May.

That's on top of roughly $1 million a year since 2014 to provide "strategic support for critical upgrades to preserve and protect buildings owned by Chinese Family Clan and Benevolent Societies," the city stated.

However, another local senior, who identified herself as Mrs. Kong, said she feels Chinatown "is not even for Chinese people any more," citing ice cream shops selling scoops for nearly $6 and upscale coffee shops moving into the area.

"We had a Chinese supermarket that closed," she said through a translator. "Before we had more grocery stories, doctors and cultural spaces. What is Chinatown becoming? … Where are we going to go?"

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CHARITY

Dealership is sending bags specially-made for the homeless

Jen St. Denis
Metro | Vancouver

Bruce Austin shows off his new backpack at Union Gospel Mission on East Hastings Street in Vancouver on Monday. JEN ST. DENIS/METRO

A backpack designed specifically for the homeless and already distributed to 35,000 people in the United States is coming to Vancouver.

A Chicago charity called CityPak and Wolfe Auto Group, a vehicle dealership based in Surrey, have partnered to distribute a total of 750 backpacks in Vancouver and Surrey.

"It's made of ballistic nylon, it's very, very weather resistant, and it has features on it that no backpack has ever had," said Ron Kaplan, the founder of CityPak.

The backpack is designed to be rain and theft-resistant, with a strap that can be worn around the wrist or ankle, and loud Velcro closures that would alert the wearer to an attempted theft.

It also has a waterproof pouch for important identification documents, straps on the bottom to hold a blanket or sleeping back, and a poncho that fits into a pocket in the bag.

> **Something like this is really precious to me.**
> Bruce Austin

"Something like this is really precious to me," said Bruce Austin, who was picking up one of the backpacks at the Union Gospel Mission shelter on Vancouver's East Hasting Street.

"I can put my clothes and my stuff in this, instead of carrying around in something like this," he said, showing the reusable shopping tote he had been using.

The backpacks were created by High Sierra, a company that makes hiking backpacks, and are manufactured in China, Kaplan said.

He declined to say how much each backpack costs and Tristan Schon, director of marketing for Wolfe Auto Group, said the company did not want to divulge the total amount of the company's donation.

Kaplan, who has worked for many years in the music industry, said he first got the idea for the backpack after designing a waterproof pouch to use to keep important items in during long cycling trips.

He met Mike Hacquard, vice president of Wolfe Auto Group, during a cycling trip in Maui.

"Mike came to me and he said, 'The homelessness situation in Vancouver is very horrible, what if we fund this for you?'" Kaplan said.

750

The number of weather-resistant, theft-resistant, and reinforced backpacks that CityPak and Wolfe Auto Group are sending to Surrey and Vancouver.

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Stabbing accused breaks his silence

CRIME

Gabriel Klein speaks with judge about securing lawyer

A man accused in a deadly stabbing at a British Columbia high school has broken his courtroom silence after rebuffing earlier attempts by court officials and lawyers to engage with him.

Gabriel Klein, 21, spoke on several occasions with B.C. Supreme Court Justice James Williams in Chilliwack on Monday when asked whether he understood the next steps in his case.

"I don't know what that means," Gabriel said, when told he was being sent back to B.C. Provincial Court to confirm that he had secured a lawyer to represent him.

"I want you to have a lawyer," Williams said to him. "I'm told there's a lawyer who's been to meet with you and that lawyer is prepared to take your case."

"Makes sense," Klein replied. "Yeah, I think I understand."

Klein faces one charge each of second-degree murder and aggravated assault.

He is accused of entering Abbotsford Senior Secondary School on Nov. 1 and attacking two female Grade 9 students in the building's front entrance.

Thirteen-year-old Letisha Reimer was killed. A publication ban was placed on the name of the student who was injured.

Students elsewhere in the school reported hearing screaming then spent hours in lockdown, huddled in darkened classrooms around the school.

Little is known about the accused, other than he attended high school in Red Deer, Alta.

This photo from the RCMP's Integrated Homicide Investigation Team's Twitter feed shows **Gabriel Klein** just hours prior to the Abbotsford Senior Secondary attack. @HOMICIDETEAM/TWITTER/THE CANADIAN PRESS

Klein appeared in person in court wearing an oversized, red correctional outfit. He sat in the prisoner's box chewing his fingernails throughout the brief proceeding and turned behind him on several occasions to look around the public gallery.

Klein was far more animated than he was two weeks ago during a video appearance when a sheriff used a wheelchair to push him into a video conference room at the facility where he was being held. Once there, he remained mute and motionless when addressed by officials, including a judge.

The name of the person expected to be his lawyer has not been released. Klein's next court appearance is set for late next week. THE CANADIAN PRESS

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Amanda Todd's mom gets award nod for anti-bullying crusade

FOUR YEARS ON

Carol hopes her daughter's suicide will spark change

David P. Ball
Metro | Vancouver

Next Sunday, Amanda Todd would have turned 20. Instead, the Port Coquitlam teen's mother Carol will once again mark the occasion without her.

Reached in Utah on Monday, where she is touring high schools and middle schools speaking to children about Amanda's story, Todd told Metro that the past four years since her widely publicized death have seen a shift in her anti-bullying message.

"After Amanda's suicide and all that she went through, I've shifted it to be more proactive instead of negative," Todd said in a phone interview. "I could go around saying, 'We should put bullies in jail.' But is that going to help anything?"

In 2014, the RCMP charged a 35-year-old Netherlands man for the sexual extortion and threats Todd experienced prior to her death — charges including Internet luring, criminal harassment, child pornography and extortion. He faces extradition to be tried in Canada but not until being tried for other crimes abroad.

With the founding of a non-profit education organization in her daughter's memory, the Amanda Todd Legacy Society, Carol has spent four years in a tireless battle to change legislation and attitudes across the continent.

On Tuesday, Todd earned an award nomination for her work educating and lobbying against bullying — this one for "everyday political citizens" from the organization Samara Canada.

"When I found out I was even nominated, I was honoured," she told Metro. "But it's not about awards; it's not about recognition. My big thing is to make sure no family and no individual has to go through what my daughter went through."

Todd joined 18 other Canadian finalists for the award, a shortlist that was largely women and included many Indigenous people and people of colour. She's the only nominee from British Columbia.

In a statement, the Toronto-based charity said the Everyday Political Citizen project hoped to urge "a shift towards 'everyday democracy,' emphasizing positive political engagement between elections for all citizens." The winner will be announced on Dec. 8.

Samara Canada noted that Todd's nomination was in recognition of her efforts at "honouring the legacy of her daughter in the fight against cyberbullying." Meanwhile, Todd continues her advocacy in schools and communities on both sides of the border. Asked what gives her hope, she said it's knowing Amanda's story is truly making an impact on youth and parents alike.

Carol Todd THE CANADIAN PRESS

The most important legacy of her late daughter, she added, is the story she left behind — in the form of her widely viewed cry for help on YouTube.

"Kids really listen to a real story," Todd explained. "My daughter, with her video, shared a message with all of us: her story, which she left with us for a reason.

"We have the responsibility to share her story, to learn from it, and to use it to create more awareness and more safety. Being able to share something about her is my therapy."

More information about the Amanda Todd Legacy Society can be found at amandatoddlegacy.org.

Carol Todd sits on a bench dedicated to her late daughter with a picture of Amanda at Settlers Park in Port Coquitlam in October 2013. DARYLL DYCK/THE CANADIAN PRESS

What drives me is when young people come up and say, 'Thank you for sharing Amanda's story,' or a parent says, 'Amanda's story made me realize I need to talk to my children; thank you for opening that conversation up in my family.' Carol Todd, Amanda Todd Legacy Society

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GOVERNMENT

Province's first elected Muslim MLA dies

British Columbia's first Muslim elected to the provincial legislature has died.

John Nuraney served two terms as a Liberal member of the legislature in the riding of Burnaby-Willingdon.

The Kenyan-born business leader was first elected in 2001 as a member of the Liberal government of former premier Gordon Campbell.

Nuraney was re-elected in 2005, but lost his seat in 2009 to New Democrat Kathy Corrigan in the Burnaby-Deer Lake riding.

The 79-year-old immigrated to Canada in 1974 after the government in Zaire — now the Republic of Congo — nationalized businesses and expelled foreigners.

Premier Christy Clark says in a statement that Nuraney was a mentor and a friend, and the Ismaili community has lost one of its most respected leaders.

"No matter the interaction, John Nuraney dealt with people in a way that made them feel important and honoured," said Clark. "He was a man who epitomized traits we don't often hear used anymore: class, grace, and principled."

Nuraney worked in the insurance industry in Kenya, London and Zurich before moving to Zaire in the late 1960s where he recorded, produced and distributed Zairian music.

He immigrated to Canada in 1974, working in the insurance, real estate and restaurant businesses, owning several A&W franchises in Metro Vancouver.

Nuraney spoke six languages: English, French, Swahili, Lingala, Hindi and Gujarati. He and his wife had three children. THE CANADIAN PRESS

This image released by Warner Bros. Entertainment shows Ben Affleck as Batman, left, and Henry Cavill as Superman in a scene from Batman V. Superman: Dawn Of Justice.

CLAY ENOS/WARNER BROS. ENTERTAINMENT/THE ASSOCIATED PRESS

Scale back violence, says expert

FILM

Researchers at UVic analyze concussions in Batman films

Jen St. Denis
Metro | Vancouver

Paul Zehr, a kinesiologist and neuroscientist, likes the depiction of a broken-down Bruce Wayne hobbling around his mansion in The Dark Knight Rises, the third movie in Christopher Nolan's trilogy.

But for a truly realistic representation, Batman would have also had chronic headaches, tinnitus and memory lapses — the long-term effects of having suffered multiple concussions.

"We would have seen Bruce Wayne with a little notepad with him all the time writing things down, because that's actually the outcome of all this," said Zehr, who would like the creators of action movies to scale back depictions of violence that would, in real life, cause long-term brain damage.

Zehr, a professor at the University of Victoria's Centre for Biomedical Research, has been using Batman to explain kinesiology and neuroscience since 2008, when he wrote a book called Becoming Batman. The character makes a good entry point because everyone knows who he is, and he has no special superpowers save for physical training and high-tech gadgets, Zehr said.

Zehr recently teamed up with a colleague, physician Bruce Wright, to examine the 10 Batman movies made between 1943 to 2016 to assess how many of the fight scenes depicted would have resulted in a concussion.

The researchers found that the violence was relatively high in the movies made in the 1940s, then tapered off in the 1990s (three events per hour), but surged again in the Nolan trilogy. But the most recent Batman movie, 2016's Batman V. Superman: Dawn of Justice, had the highest number, with 11 events per hour.

Zehr notes that the creators of Batman V. Superman, unfettered from reality through the use of computer-generated imagery, ramped up the violence to ridiculous levels, with Superman throwing Batman through buildings — and Batman getting right up again.

> **Everyone just trivializes it.**
> Paul Zehr

In real life, some of those fight scenes would have rendered Bruce Wayne unconscious, while others would have been fatal, Zehr said.

Given the casual attitude about concussions that still persists in both professional and amateur sport, Zehr is arguing that this kind of movie violence is worse than gun violence.

"It feeds into the idea that Johnny or Jill on the weekend, when they're playing lacrosse or football and they have a bang on the head, that everyone just trivializes it," Zehr said.

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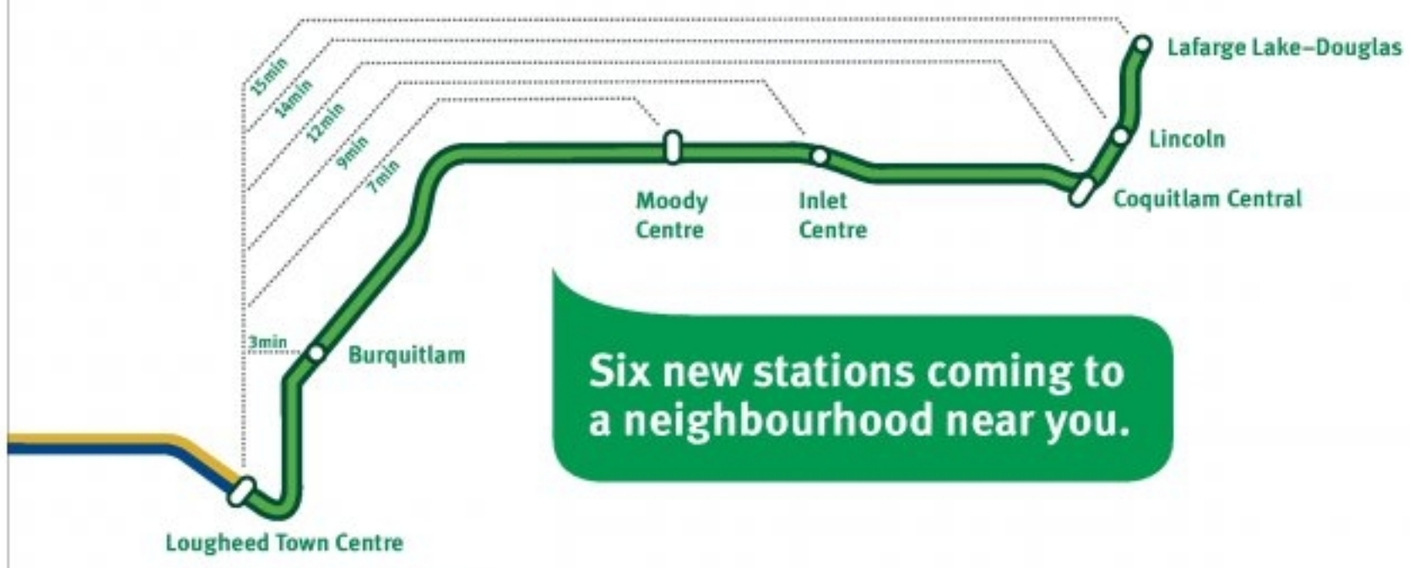

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A habitat with an abundance of kelp and seagrass off the coast of the U.S. Researchers from around the world recently collaborated on a UBC-led project on ocean acidification. CONTRIBUTED

Marine 'housing crisis' looms

CLIMATE CHANGE

Acidification puts strain on animal species

Matt Kieltyka
Metro | Vancouver

Ocean acidification could contribute to a "housing crisis" for animal species that live in some marine habitats, according to a University of British Columbia researcher.

UBC zoologist Jennifer Sunday likens the situation to Vancouver's out-of-control real-estate market when it comes to explaining how dropping pH levels — caused by greenhouse-gas emissions — in our oceans will put a strain on animal species in marine habitats such as coral reefs and mussel beds (found off the coast of B.C.).

"Habitat complexity decreases along with increases of the CO2 gradient. So what happens is the types of coral that are in the more acidified parts are more round, and they don't have many hiding places for fish," said Sunday. "And from other work, we know that when you change a coral reef's habitat complexity, you also have a decline in biodiversity."

Researchers from around the world recently collaborated on a UBC-led project looking at what ocean acidification means for entire marine ecosystems, as opposed to individual species.

The findings were published Monday in the journal Nature Climate Change.

Sunday, lead author of the research, said experts predict a decline in biodiversity in many habitats if CO2 levels in the atmosphere continue to rise.

However, there are other habitats — specifically seagrass beds — that will thrive in the harsher conditions.

"There's all this doom and gloom, but there is also this part of the story with seagrass and microalgae. In those habitats, we expect totally the opposite," said Sunday.

While scientists know some habitat-forming species will do well in lower pH conditions, they're unable to predict whether it could boost biodiversity in those areas.

Either way, if the trend of ocean acidification continues into the next 100 years, Sunday said oceans are in for great change.

It sends an urgent message, she says, that humans need to be better stewards of the environment.

"We already know we're losing biodiversity because of habitat loss. That damage is done. Ocean acidification … could exacerbate what we already know we're doing to our habitat," she said. "It's one more call to curb CO2 emissions and it's also something that tells us that for the pristine habitats we still have left — for example, on the coast of B.C., we have all the more reason to protect them."

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VANCOUVER AQUARIUM

Beluga's health worse

An ailing beluga whale at the Vancouver Aquarium appears to have taken another turn for the worse.

The facility says in a news release that Aurora showed signs of improvement over the weekend, but it appears her abdominal discomfort increased Sunday night.

Officials have said the 29-year-old animal isn't eating and appears to be suffering from cramps and inflammation, though the cause of her illness is unclear.

The whale's 21-year-old calf Qila had the same symptoms and died last week, leave Aurora as the aquarium's lone beluga.

The aquarium's head veterinarian Dr. Martin Haulena has adjusted Aurora's treatment, but is increasingly concerned about her health.

Lab tests have been sent to veterinary experts around the world, and a marine mammal team is monitoring the animal around the clock.

THE CANADIAN PRESS

SURREY

No-one hit in shooting

Nine people have been arrested following what RCMP in Surrey says is a targeted, early morning shooting.

A release from the detachment says no one was hit by gunfire, but one person was slightly hurt after being cut by broken glass.

The shooting happened just after 3 a.m. Monday, in the parking lot of a south Surrey hotel.

According to police, a disagreement led to shots being fired between the occupants of two vehicles and both cars sped away.

Investigators believe both vehicles have now been recovered, although one was found outside Surrey and police are still confirming details.

RCMP say those involved are known to each other and they are urging witnesses to come forward to provide more information.

THE CANADIAN PRESS

Premier Christy Clark is presented a blanket from Grand Chief Edward John after presenting his final report on indigenous children in care during a ceremony in Vancouver yesterday. JONATHAN HAYWARD/THE CANADIAN PRESS

Native child welfare report issued

SOCIAL SERVICES

Grand chief's plan to overhaul failing system

British Columbia is committed to First Nations taking over child-welfare decisions in their communities, the province's Children's Minister said Monday after receiving a report about how the current system has failed aboriginal children.

The report by a special adviser to the ministry issued 85 recommendations to reduce the staggering number of aboriginal kids in care of the B.C. government. A major focus is the need to return control to indigenous communities.

Premier Christy Clark accepted the report and said the province had already begun work on 40 recommendations and would implement all those that apply to B.C. Other recommendations are directed at the federal government.

"Separating a child from his or her family must always be a last resort for government. We must ask ourselves why it is that First Nations children are so much more likely to be separated from their home than others," Clark said.

She did not offer a timeline or an estimated cost, other than to say it would be a "long journey" involving a "significant investment."

The 40 recommendations the province is already working on include regular meetings with Métis and First Nations leaders, recruiting indigenous people to work in the ministry and working to better inform indigenous people about the child-welfare system.

Children's Minister Stephanie Cadieux said her ministry has begun discussions with some aboriginal communities on transferring jurisdiction for child welfare, either under current provincial legislation or legislation they write themselves.

"We agree that indigenous families and communities should be the ones deciding their futures," she said.

Grand Chief Ed John was appointed a special adviser on indigenous child-welfare in September 2015. Since then, John has had discussions with First Nations leaders, delegated aboriginal agencies and the provincial and federal governments.

Called "Indigenous Resilience, Connectedness and Reunification — From Root Causes to Root Solutions," the document is John's final report.

The report's detailed recommendations are divided into 10 key categories, including ensuring direct support for indigenous children and families and enabling greater access to legal services.

It also urges a more equitable funding formula between the province and federal government, an increase in early intervention services, better reunification and permanency planning, and nurturing a sense of belonging and prioritizing culture.

Finally, the report calls for a national strategy for indigenous child welfare. THE CANADIAN PRESS

> Separating a child from his or her family must always be a last resort for government.
> Christy Clark

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Carolyn Stewart, left, and Meghan Peters got to know each other through the restorative justice program after Stewart broke into Peters' cafe. JEFF HARPER/METRO

'It was just a mistake'

JUSTICE

Café owner forgives woman who broke into business

Yvette d'Entremont
Metro | Halifax

Carolyn Stewart and Meghan Peters sat together Monday morning, chatting like old friends.

They were nervously waiting to speak with reporters following a press conference about the expansion of the province's restorative justice program.

The pair got to know each other after Stewart broke into Peters' café in Antigonish about a year ago. They opted to participate in adult restorative justice.

"I wanted to meet the woman who broke in and so I asked the police officer who arrested her if there was any way I'd be able to meet her and he said, 'Actually, there is,' and he spoke to the Crown," Peters recalled.

> I definitely feel that I've been healed by getting to know her and getting some answers from her.
> Meghan Peters

"I had so many questions. Why? How? And she answered them and I saw that she was very, very remorseful and that it was just a mistake."

By the end of this month, Nova Scotia will have the only province-wide restorative justice program in Canada available to both adults and youth.

At a press conference on Monday morning, Justice Minister Diana Whalen said the program has proven so successful with youth that it is being expanded to include adults.

"We've seen how restorative justice can benefit our youth and we believe it can do the same for adults," Whalen said.

The province established its youth restorative justice program in 1999 as a pilot project.

"Perhaps it was greeted with scepticism initially," Whalen told reporters.

"We certainly had to show that it works, that it is restorative, that it isn't a lighter way to go, that it's actually difficult for people who have committed an offence to come and face those people who've been harmed."

Peters said she feels justice was served, and she and Stewart are working together to deliver a community dinner to help Stewart further "redeem" herself in the eyes of the community.

Stewart, 22, said breaking into the café was her first, and last, brush with the law.

"As terrifying as it is to look someone in the eye and say 'I did this to you,' I really appreciate the opportunity and I think that it was needed."

CRIME

Mountie guilty of abusing son in 'disturbing' case

An Ottawa judge found a suspended RCMP counter-terrorism officer guilty in a "gut-wrenching" case Monday after hearing how the accused chained up his 11-year-old son in the basement and tormented him with a barbecue lighter.

The evidence presented at trial — illustrating how the adolescent boy was abused, confined, burned, beaten, assaulted and starved — was "unequivocal and overwhelming," Justice Robert Maranger said in his written ruling.

But ultimately, Maranger said, it was the video evidence created by the boy's own father that proved the most damning.

During the sensational trial earlier this year, the father took the stand in his own defence. He testified he believed he was "living with the devil," and said he was afraid his son was planning to stab him in the heart in his sleep.

He also admitted to chaining his son in the family's basement, torturing him, burning him with a barbecue lighter and rationing his food.

The Crown's case involved incidents spanning a six-month period that ended when the boy escaped to a neighbour's home in February 2013 in search of water. The judge, however, said he believed the abuse began well prior to when the 11-year-old began being home-schooled in the fall of 2012.

The 44-year-old man, who cannot be identified, was convicted of two counts of aggravated assault, one each of sexual assault causing bodily harm, unlawful confinement, assault and failing to provide the necessaries of life, and a range of firearms offences.

"This was a very difficult trial," said Maranger, who described the abuse as "disturbing." THE CANADIAN PRESS

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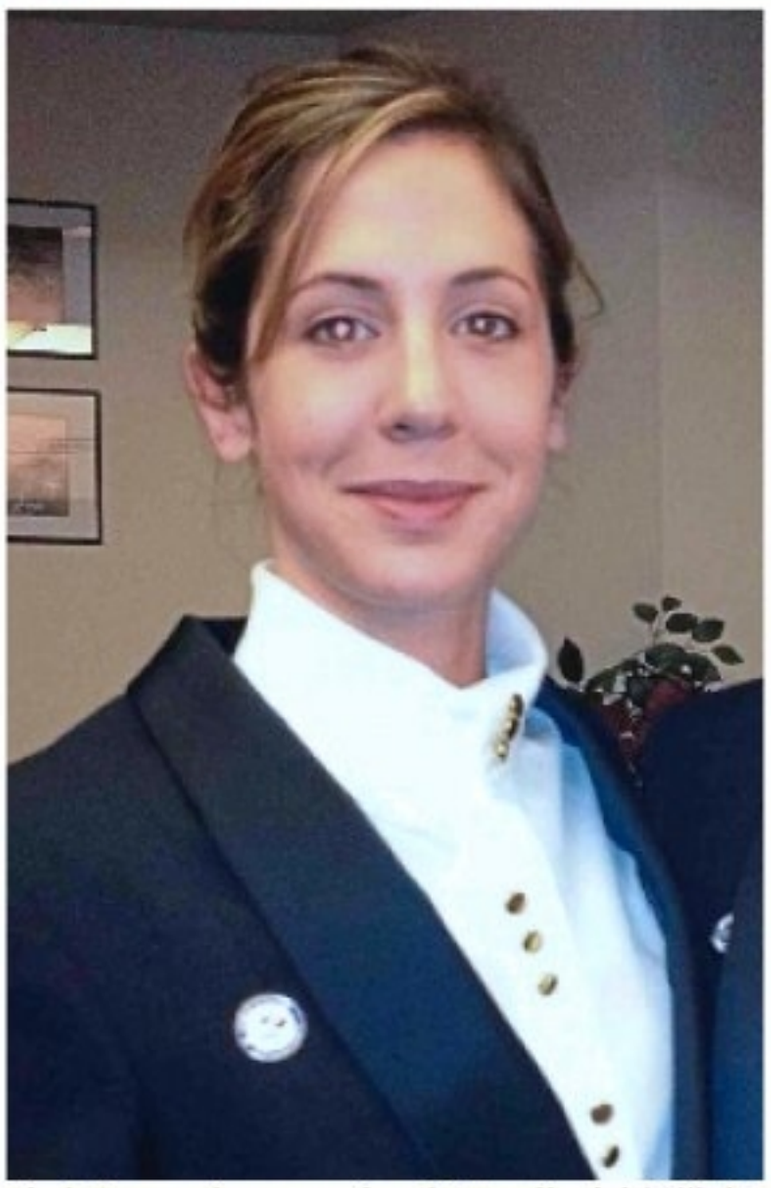

Glynis Rogers, a former member of CAF and lead plaintiff of the class action suit. CONTRIBUTED

Canadian military: It 'has to change'

COURT

Lawsuit claims bullying, sexual assault of military women

Haley Ryan
Metro | Halifax

A Nova Scotia woman leading a proposed class action lawsuit is hoping to "incite some change" after speaking up with personal and graphic allegations of misogyny, sexual harassment and assault in the Canadian Armed Forces (CAF).

A statement of claim against the federal government was filed Monday with the Nova Scotia Supreme Court by Halifax-based lawyer Ray Wagner, saying the Attorney General of Canada is vicariously liable for the alleged misconduct.

"It almost feels like it's the norm for the military and that's not right. It has to change," Glynis Rogers, lead plaintiff and former CAF member, said in an interview Monday.

Rogers, from Yarmouth, is the only plaintiff now but if the case proceeds the class could include any women who claim similar treatment.

After enrolling as officer in the CAF out of high school in 2006, Rogers attended the Royal Military College (RMC) in Kingston, Ont. The allegations happened in her time at RMC, the claim reads, job training in Greenwood, N.S., and at CFB Borden in Ontario when Rogers was in the aerospace engineer officer basic course.

The suit alleges Rogers encountered persistent and systemic gender-based discrimination, bullying and harassment from male members, especially during training.

Specific allegations range from offensive comments, including Rogers being called a slut on "numerous occasions," being slapped on her behind by a superior and having her intelligence regularly questioned, to a sexual assault in February 2012 when she was at CFB Borden.

> **The severity of this issue has just been downplayed so much.**
> Glynis Rogers

The claim says Rogers eventually reported the incident and the male member was found guilty, but he later appealed and was acquitted.

"It's more the military culture, this misogynistic culture that causes these issues. Most women I'd assume would have at least some similar experiences," Rogers said. "It's almost ingrained."

Although Rogers said having such personal details on the public record makes her feel "a little vulnerable," she feels it's vital to follow through with the suit.

"No matter what the outcome, if the military sees that this is a serious issue, that is my main goal."

It's tough for women in the CAF to speak up about any harassment, Rogers said, since they often feel like they won't be believed.

Rogers said the current policies aren't working - "Operation Honour," intended to address sexual harassment, is widely known in the military as "Hop On Her."

A spokesperson confirmed the CAF had been served with the lawsuit, and said the government is deciding its "next steps."

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Slow Braised Pot Roast Puttanesca

Ingredients

- 3 to 4 lb (1 1/2 to 2kg) beef chuck roast, trimmed of excess fat
- Salt and freshly-ground pepper
- 3 (45ml) Tbsp olive oil
- 1 cup (250ml) dry red wine
- 1 cup (250) beef stock
- 530ml (550g) Authentica World Cuisine Puttanesca Sauce
- 2 onions, quartered
- 8 carrots, diced into 1-inch (2.5cm) cubes
- 2 celery sticks, 1/2-inch thick sliced
- 2 cups (500ml) button mushrooms
- 2 bay leaves

Instructions

Season the roast with salt and pepper. Heat the olive oil in a Dutch oven over medium-high heat. Add the roast and sear on all sides until brown. Scatter the vegetables and add the bay leaves. Saute until the onions start to become translucent. Add the red wine, beef stock and the Puttanesca Sauce. Bring to a boil, then reduce heat to low. Simmer for 3 hours, basting every hour with the sauce, until the beef is fork tender.

Remove the roast, slice and arrange on a warm serving platter. Garnish with the vegetables. Serve with the sauce.

Serves 6 to 8

Trump to kill off trade deal

ECONOMY

President-elect vows to take executive action on day 1

President-elect Donald Trump has pledged to begin the process of withdrawing from the Trans-Pacific Trade Partnership on his first day in office.

In a video released on YouTube Monday, Trump attacked the 12-nation pact, which is aimed at removing barriers to trade and is awaiting ratification after seven years of negotiations, promising to replace it with a series of individual deals.

Trump outlined his plans in a YouTube video YOUTUBE.COM

It will be part of a series of "executive actions we can take on day one," the incoming U.S. president said.

He said he will "issue a notification of intent to withdraw from the Trans-Pacific Trade Partnership, a potential disaster for our country."

He continued: "Instead, we will negotiate for bilateral trade deals that bring jobs and industry back onto American shores."

Trump also said he will begin his term of office by cutting restrictions on some types of energy production, including shale gas and coal.

Earlier, Japanese Prime Minister Shinzo Abe said the TPP would be "meaningless" without the United States.

Abe spoke after attending a weekend meeting of Asia-Pacific leaders in Peru at which some said they might seek to modify the 12-nation TPP pact to make it more appealing to Trump, or seek to implement it without the U.S. But Abe discounted the idea of going ahead without American participation.

"TPP is meaningless without the United States," he said at a news conference during his official visit to Argentina.

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'Little rascal' Prince George and his father Prince William at Government House in Victoria, B.C. in September. THE CANADIAN PRESS

Parenting 'quite a change' for William

Prince William has spoken about fatherhood, revealing he's just like regular parents and has "struggled at times."

The royal, who was on a two-day trip to Vietnam to raise awareness about illegal wildlife trade, gave a lengthy interview to Talk Vietnam.

As well as discussing wildlife protection in a recent interview, he spoke about his wife, Kate Middleton, and his two children, Prince George, 3, and Princess Charlotte, 1.

"There's wonderful highs and there's wonderful lows," Prince William said of parenthood. "It's been quite a change for me personally. I'm very lucky in the support I have from Catherine. She's an amazing mother and a fantastic wife."

"But I've struggled at times," he added. "The alteration from being a single, independent man to going into marriage and then having children is life-changing. I adore my children very much and I've learned a lot about myself and family just from having my own children. It's amazing how much you pick up just in those moments."

The Prince spoke about his son George, calling him "a little rascal," who "keeps me on my toes."

"But he's a sweet boy," Prince William added.

He also talked about his daughter Charlotte. The Prince, who grew up with his brother Prince Harry, did not have any sisters, and said "having a daughter is a very different dynamic.

"So I'm learning about having a daughter … but it's wonderful and fantastic."

TORSTAR NEWS SERVICE

JAPAN

Fukushima on alert after quake

Japan has lifted a tsunami warning for its northeastern coast nearly four hours after a powerful offshore earthquake.

A tsunami advisory for waves of up to 1 metre (3 feet) remains in place for much of the Pacific coast.

The earlier warning was for waves of up to 3 metres (10 feet). The Japan Meteorological Agency had urged residents to flee quickly to higher ground.

The largest wave recorded was 1.4 metres (4.6 feet) at Sendai Bay.

Fukushima prefecture is home to the nuclear power plant that was destroyed by a huge tsunami following an offshore earthquake in 2011.

The operator of the Fukushima Dai-ichi plant said there were no abnormalities observed at the plant, though a swelling of the tide of up to 1 metre has been detected offshore.

Plant operator TEPCO said a pump that supplies cooling water to a spent fuel pool at the nearby Fukushima Dai-ni plant stopped temporarily, but that it was working again. The Tokyo-based utility is investigating the cause.

THE ASSOCIATED PRESS

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Tech giants investing in Montreal

ARTIFICIAL INTELLIGENCE

Google sees city as 'super-cluster' of knowledge

Artificial intelligence, once relegated to the realm of science fiction, is now found in everything from translation services to virtual assistants to video games.

And as companies race to develop self-driving cars and offer increasingly personalized online experiences, they're building on research that was largely pioneered by a group of Canadian researchers who are still attracting plenty of attention and investment dollars.

Montreal, in particular, has developed a concentration of expertise in the area of AI, largely thanks to the efforts of Universite de Montreal professor Yoshua Bengio, head of the Montreal Institute for Learning Algorithms (MILA). "(AI) will affect pretty much every economic sector; right now is just the tip of the iceberg," Bengio said.

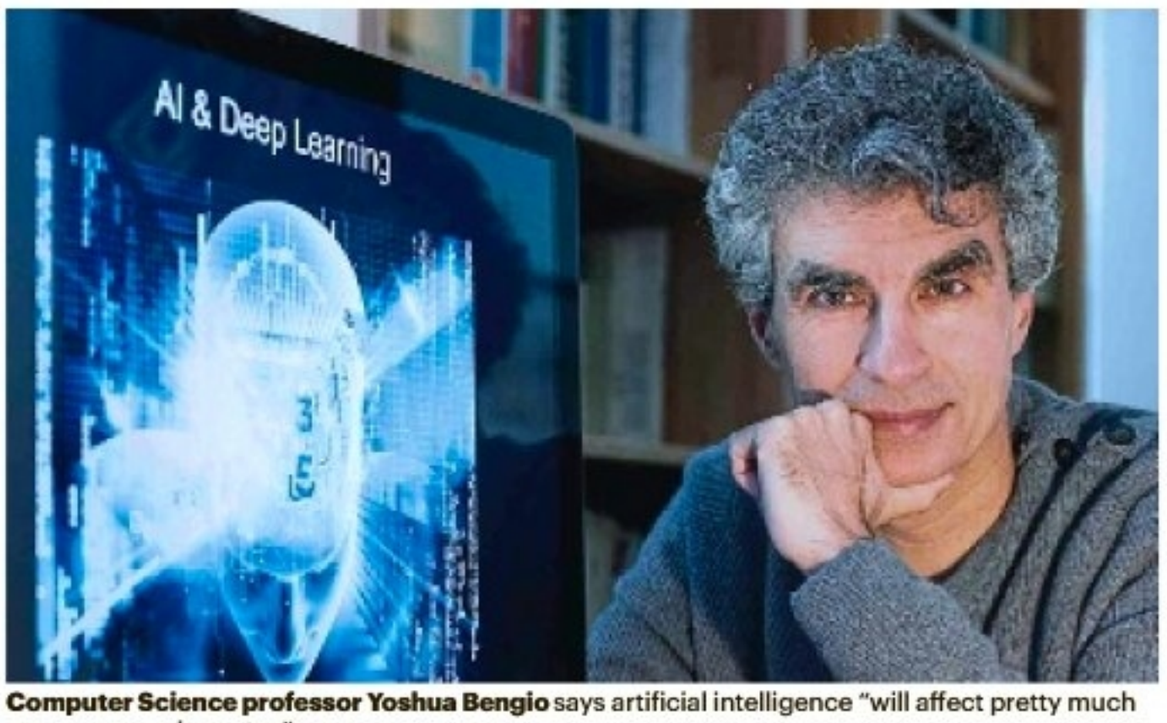
"One of the things we are going to see more of is how these technologies affect how we interact with computers."

As a result of its research, Bengio says the institute has attracted interest from "most of the major IT companies," some of which have also provided funding.

Now, tech giant Google is jumping in, investing $4.5 million over three years to support the institute's research, as well as opening an AI research group at its Montreal office.

> **At some point you'll just talk to computers and they'll understand what you want.**
> Professor Yoshua Bengio

This comes on the heels of the Canadian government announcing an investment of more than $200 million in three Montreal universities — including Bengio's — to create a learning hub to explore artificial intelligence and big data.



Computer Science professor Yoshua Bengio says artificial intelligence "will affect pretty much every economic sector." THE CANADIAN PRESS

Shibl Mourad, the head of engineering for Google's Montreal office, says the company hopes to help turn the city into a "supercluster" of AI knowledge that will attract corporate investors, burgeoning startups and researchers.

He said much of the credit goes to Bengio and his colleagues, whose research over the last decade has put the city ahead of its competitors.

"Their contribution was foundational," he said.

Had these researchers not invested that decade of their lives, "we would not be where we are," Mourad said.

The lab Bengio leads is one of the largest in the world dedicated to studying Deep Learning, one of the underpinnings of AI.

Over the past decade, they learned that by layering several "neural networks" that mimic how the brain works, computer programs could "learn" to solve complex problems on their own instead of needing to be programmed step-by-step.

By analyzing a large number of examples, the program could eventually learn to identify patterns — such recognizing objects in photos or language patterns.

This fundamental research has led to breakthroughs in translation programs, personal assistance, "smart" cameras and self-driving cars, among others, Bengio says.

"At some point you'll just talk to computers and they'll understand what you want and what you need," he said.

Bengio says AI knowledge also has broad applications in the medical field, and could be used to help doctors read scans, research and diagnose conditions, or sift through the massive amount of information contained in the human genome.

In the short term, he's hoping the new investments will help Montreal "capitalize on its advance" by attracting corporations and startups to set up in the city — hopefully reversing the brain drain that has seen many of the brightest researchers leave to find employment elsewhere.

THE CANADIAN PRESS

BROADCASTING

Regulator tightens reins on TV providers

Canada's broadcast regulator renewed the licences of most TV service providers for one year, rather than the usual seven-year term, as it keeps a close eye on whether their basic cable offerings are keeping customers' interests and wallets in mind.

"We have the one-year licence renewal to have a watchful eye on the deployment of this next phase of the Let's Talk TV policy," said Scott Hutton, the CRTC's executive director of broadcasting.

The Canadian Radio-television and Telecommunications Commission's so-called skinny basic TV policy goes into full effect on Dec. 1.

Since March 1, TV service providers have had to offer customers basic cable packages at no more than $25 monthly, and allow them to add on extra channels individually or through prepackaged bundles of up to 10 channels. Starting in December, companies must offer both individual and small packages of channels to customers.

> **$25**
> The maximum TV service providers can charge for so-called skinny basic TV.

The regulator released a set of best practices Monday "to ensure that there's some course correction," Hutton said. The CRTC said companies should give customers information on the soon-to-be available choices, offer online tools that will allow subscribers to add or remove channels easily and provide different options for obtaining a set-top box, among other things.

The regulator will evaluate how well the TV service providers adhere to these practices, as well as other compliance issues, when their licences are set to expire next year.

If they fail to satisfy the CRTC, Hutton said the regulator has a variety of tools at its disposal to escalate the situation, including imposing further conditions on a company's licence or not renewing it.

Companies with licences up for renewal this year that received a one-year approval included Rogers, Telus, Shaw, MTS, Sasktel and Videotron. Additional licences will come up for renewal over the next three years.

The CRTC has the discretion to issue licences for periods up to seven years, Hutton said.

THE CANADIAN PRESS

MOBILE SERVICE

Wind changing name

Wind Mobile, Canada's fourth-largest mobile phone company, is changing its name to Freedom Mobile and moving to upgrade its network.

The company, which was acquired by Shaw Communications earlier this year, said Monday existing customers, accounts and rate plans will be transitioned to the new brand.

The company said it's rolling out LTE service throughout its coverage area, starting with Toronto and Vancouver on Nov. 27, followed by Ottawa, Calgary and Edmonton by the summer.

THE CANADIAN PRESS

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EMMA TEITEL ON GOOD CITIZENSHIP IN A NEW MEDIA AGE

We live in a state of social, technological and political flux. And like the 'poor devils' on Downton we appear to be acting like 'chickens with our heads cut off.'

This past week, when my wife Ella was sick with bronchitis and depressed about the victory of Donald Trump, she escaped into the soothing, low-stakes world of Downton Abbey.

Downton Abbey is a place where picking up the wrong fork at dinner is a sin on par with manslaughter, as is walking into the servants' quarters unannounced and wearing to supper what you wore to lunch.

Ella laughed hard when Mr. Carson, Downton's officious butler with a heart of burnished gold, struggled to use the telephone.

And she laughed again when Lord Grantham, the estate's patriarch, balked at his young niece Lady Rose's suggestion that Downton Abbey get (gasp!) a radio.

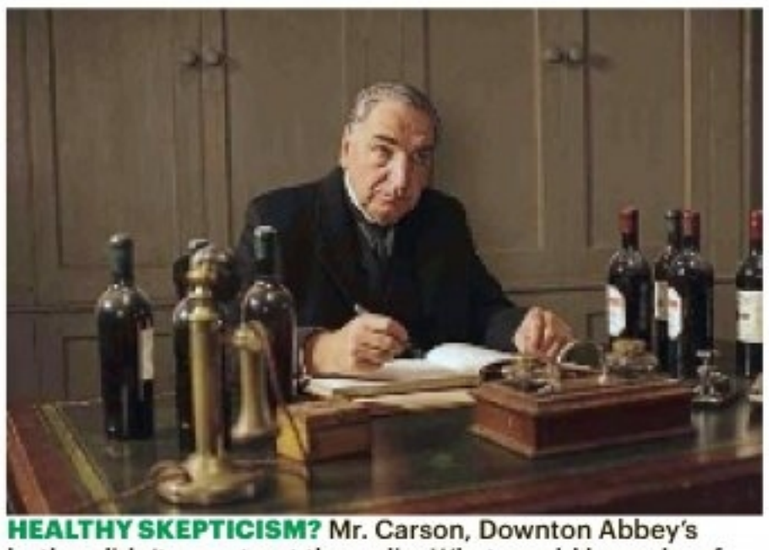
But I didn't laugh.

In fact, I couldn't laugh, not just because I had already binge-watched Downton Abbey ages ago, but because the apparently absurd, change-wary world it portrayed no longer struck me as quaint and escapist but as uncomfortably familiar.

The stretch isn't as hard as you might think. Like the characters on Downton Abbey (both upstairs and down) we too live at the relative dawn of a new century, in a state of social, technological and political flux. And like the "poor devils" on Downton (to borrow a phrase from Lord Grantham) we also appear to be navigating this new world like (to borrow a phrase from Mrs. Patmore, Downton's exasperated cook) "a bunch of chickens with our heads cut off."

We have a duty to our democracies and to future generations to brush up on our media literacy skills.

For proof of our own extreme cognitive dissonance, a hundred years post-Downton, look no further than the deluge of doomsday predictions and anxious monologues that continue to dominate our social-media news feeds day in and day out, partly the result of Donald Trump's improbable victory and the piqued conservative reaction to liberal anguish about that victory. But even more the result of the very revolutionary online media we've had to navigate, an innovation as problematic as, yes, the radio once was.



HEALTHY SKEPTICISM? Mr. Carson, Downton Abbey's butler, didn't even trust the radio. What would he make of Facebook? CONTRIBUTED

In fact the online universe is also instrumental in another development that might be even more troubling: This is the growing charge that phoney and fabricated news stories, consumed and shared en masse on Facebook, have begun to take a far greater role in deciding our elections and shaping our democracies than the legacy media institutions that ruled the 20th century.

In other words, Goodbye New York Times, Hello The Daily Currant, Breitbart and Clickhole. Today, nearly half of American adults get their news from Facebook, and a lot of that news, unknown to the people sharing it, originates from media sources that are not merely biased but often satirical, hyper-partisan and deliberately misleading.

If you don't think this is a problem, you either aren't on Facebook or you're a spokesperson for it.

Facebook, predictably, tried its very best this week to deny that it had an outsized influence on the U.S. election. According to a spokesperson from the social network, in a written statement to the Toronto Star, "While Facebook played a part in this election, it was just one of many ways people received their information — and was one of the many ways people connected with their leaders, engaged in the political process and shared their views."

In Facebook's defence, there are people around who still read print newspapers and listen to the radio, but this group (much like the lords and ladies of Downton Abbey in 1916) is a quickly dying breed. According to the American Press Institute, "Fully 88 per cent of Millennials get news from Facebook regularly, for instance, and more than half of them do so daily."

Given those statistics, here's hoping that they (i.e. we) take to heart the advice of Melissa Zimdars, a Massachusetts college professor, who recently compiled a list of phoney and misleading news sites that peddle half-truths, untruths and screaming headlines written specifically to get our goat.

If an online news story "makes you REALLY ANGRY," writes Zimdars in a Google Document she's made available to the general public, "it's probably a good idea to keep reading about the topic via other sources to make sure the story you read wasn't purposefully trying to make you angry (with potentially misleading or false information) in order to generate shares and ad revenue."

Amen. We have a duty to ourselves, to our democracies and to future generations to brush up on our media literacy skills. And we have a duty not to scoff at new media, as Lord Grantham and Mr. Carson scoff at the radio, or to kowtow to it (as they eventually do), but to use it subversively, with a healthy dose of skepticism, and to use it to share information responsibly.

This is nothing more than paying it forward. Before we know it, our great grandchildren will be escaping the madness of their own day (ahem, climate change) to indulge in TV dramas about the early 21st century, a time and place when their ancestors attempted something called "the mannequin challenge" and swallowed wholesale phoney news stories about the end of the world. Let's try not to give them too much material to roll their eyes at.

Emma Teitel is a national affairs columnist for the Toronto Star.

Nighttime in Van is a world unto itself

URBAN COMPASS
Petti Fong

Spare a thought sometime during the day for workers, especially women, who have to get from point A to B at night.

Consider the roads and public transportation most commuters take to get from home to work or their campuses then back again.

Now imagine doing that trip at 2 in the morning or even at 10 at night when it's already dark out by 4:30 p.m. in the fall and winter.

Vancouver is a city under construction for maximum livability and convenience. Developers are building upwards to stack up more condos for more buyers. Both the city and developers bank on clusters around Skytrain stations because it's a proven easier sell.

Live here and that comes with certain rights. Residents in our city have a right to public green space, to public transportation, to public schools and public buildings.

But is there a right, for women, to move without fears in public during the night and is it on the agenda for urban planners and developers?

It's a given that there should be, according to Sara Ortiz Escalante at the University of British Columbia's School of Community and Regional Planning. But Vancouver like most other cities, have given it little thought, much less enough planning.

"The night is disregarded in everyday life in Vancouver," she says. "Especially for women."

At UBC, Ortiz Escalante, who has lived in Spain, El Salvador, Mexico and the United States, says she won't go into parkades after dark. Nor will she walk around campus on weekends at night.

If the planners at UBC had been thinking of women they would have put in more lighting and less vegetation close to places where people can hide.

Then there's the eerie feeling, she says, of being at a cliff's edge and in close proximity to a forest. The campus's picturesque position as a peninsula at the edge of the city makes it a difficult place for women to get to and to leave.

All the new construction, efforts to make the campus a mixed-use area isn't helping.

"There's lots of fencing and construction blockades everywhere," says first-year general arts student Penny Johnson. "They're building all the time and you're never sure if you go down one way that you could have gone a week ago, whether that may be blocked off and there's no exit."

Both Johnson and Ortiz Escalante say there is little life on campus after 8 p.m.

Campus officials say a total of more than $2.4 million has been spent to improve safety since 2013, including on infrastructure improvements such as $80,000 on landscaping for better sight lines and $670,000 on upgraded lighting.

Johnson says those improvements and SafeWalk, the program where students can call and get a ride to their destination are good in theory.

"The reality is I've had to wait a long time for SafeWalk and I've walked around here in places where I know were pretty dangerous," she says.

A little more thinking in preparation would make her feel less wary, she says of the place she calls her school and her home.

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ATHLETICS

Millennials say spending more on exercise is worth it

Megan Haynes
For Metro Canada

When fitness upends your budget

Carly Chow (above) and Jennica Fudge (right) spend about $2,000 and $1,000 a year, respectively, on classes. CONTRIBUTED

Carly Chow likes to move. The 30-year-old has done everything from juggling and burlesque classes, to samba lessons and pole dancing.

The sales and marketing professional also does flexibility/contortion classes (to help her get into the hard-to-reach splits for certain pole tricks), as well as lyra (hanging hula hoop dancing) and occasionally silk aerial classes. Sometimes she even sneaks in a game of dodgeball.

The array of aerobics helps her work on her upper body strength, and ensure the Albertan, who now lives in Toronto, can eat as much steak as she likes.

It's one reason the monthly price tag (approximately $140 for a subscription to her dance studio, $80 every two months for performance troupes, $45 for the occasional workshop, $15 for drop-in classes elsewhere, plus gear) doesn't turn her off.

She's not the only millennial dropping big bucks for fitness. The industry is growing — private gyms grew 5.6 per cent between 2011 and 2016, and is now a $3 billion industry, according to research firm Ibis. Millennials make up 40 per cent of aerobic activity participants (activities other than weights, running or biking), says Matthew Teeple, manager sports, at research firm NPD Group. Athletic clothing and footwear is also growing at a rate of seven per cent a year, he says, and millennials in particular make up 30 per cent of these purchases — or more than $2.4 billion annually.

Sensing the opportunity, higher-end specialized studios have been creeping into the market. Earlier this month, New-York based cycling studio SoulCycle announced it will bring its classes (approximately $34 US per class, plus $3 for clip-in shoe rentals) to Canada.

That may be pricey for some, but millennials overall want to lead "healthier" lifestyles and are willing to prioritize spending on it as a result, Teeple says.

Elijah Di Gangi, 28, has been a fitness buff for the past decade. The marketing professional estimates his gym membership cost to be $100 a month (although about half of it is subsidized by work), while supplements and vitamins add up to about $60 each month.

"I have no qualms with paying that amount. I think it pays for itself in how great I feel, and certainly I'd rather spend the money on bettering myself physically than drinking or squandering it on things I don't need."

Chow also is comfortable with how much she spends, and not just because of the fitness aspect. She appreciates the sense of community and the comfort level she develops with the teachers and fellow students at her classes.

"I like working out as a socializing activity — you can talk to your friends, make new ones," she says. "It's a safe environment and it's a supportive community."

Ottawa-based Jennica Fudge does four to five belly dancing classes a week, at an average cost of $135 a month. It's a creative outlet for the 29-year-old graphic designer, who also sees the dance classes as a way to connect with new people.

She says the cost isn't a concern — she has a pretty strict budget, and tries to stay well within it while continuing to meet her savings goals.

She also says she's frugal with the rest of her money.

"It's not like I'm going to go drop money on an expensive jacket," says Fudge. "And if there's one month I can't afford the class, then I don't go."

$ MONEY

Cut other monthly expenses to save in favour of fitness costs

When it comes to fitness, the key is to live within your means, says Shannon Simmons, a financial planner and founder of New School of Finances. Cut other recurring costs, like cable, or negotiating a smaller cellphone bill, to help balance the budget. Walking more or eating out less can also be healthy ways of saving money in favour of fitness.

Never let the cost of a membership — often a subscription that isn't seen — sit on a credit card, and never sacrifice savings goals for a quick work out, she says.

Finally, if you're paying for a gym class or membership, make sure to take full advantage of the workout.

MEGAN HAYNES/FOR METRO

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Welcome to the age of prejuvenation

COSMETIC SURGERY

Hold the lines: millennials are turning to Botox earlier than ever

Dr. Cory Torgerson, a Toronto-based cosmetic plastic surgeon, said he's been seeing a trend of millennials coming in for preventative Botox. AZZURA LALANI/TORSTAR NEWS SERVICE

Some millennials keen on preserving their youth are turning to Botox to smooth away hints of creases on their faces before they become more pronounced.

A recent survey of American Academy of Facial Plastic and Reconstructive Surgery members reported a surge in patients under 30 getting "preventative Botox."

And it appears to be a broader trend. Toronto-based cosmetic plastic surgeon Cory Torgerson whose practice focuses on the face and neck said he's "definitely seeing" it.

"The (millennials) are cued in to preventative maintenance and are engaging in injectable cosmetic procedures more commonly in their 20s and 30s," said Torgerson.

In the U.S. survey, 64 per cent of members reported an increase in millennial patients getting injectable treatments or cosmetic surgery. The American Society for Aesthetic Plastic Surgery reported that Botox treatments for people between the ages of 19 to 34 shot up by 41 per cent between 2011 and 2015. The trend doesn't surprise Candace Shaw, a Toronto-based feminist and cultural commentator.

"We have such an image driven culture, so I can see why a lot of people, especially people who grew up in a culture where we have the Internet, we have Facebook, we have Instagram, are responding by saying, 'well, I want to look my best and in this culture my best is not having wrinkles,'" she said.

Gina Bourne, a 31-year-old OCAD student who also works as an executive assistant, started getting Botox when she was 29.

"(At the time) nobody I knew was doing it," she said. "I had these lines between my eyebrows and on my forehead and I just had been feeling like I was looking a little tired for a while."

Bourne did some research and found Botox, one of three products that stop muscles from contracting, pulling on the skin and creating wrinkles, was preventative, so she kept the treatments up. She thinks she'll do it for the rest of her life, she said, barring any advancements.

"I definitely feel that it's had a good result for me," she said. It feels smoothed out, said Bourne, adding she doesn't look tired and doesn't worry about going out without makeup on."

Dr. Sean Rice, a Toronto-based plastic and cosmetic surgeon, said many clients come in when they are "starting to see (wrinkles) and it's freaking them out," he said, adding they use it as a prophylactic measure to "avoid getting wrinkles down the road."

It's not just the pre-creased millennial women who are smoothing the developing lines. Young men do too.

Torgerson says about 25 per cent of his millennial-age clients are men, while Rice says about 40 per cent of his are men. Part of that is the greater pressure on women to look young.

"On the one hand it's a shame that people feel the pressure to take fairly invasive medical steps to avoid aging," said Shaw. "But on the other hand I have to say, you know, I can't judge an individual for making a choice for what to do with their body."

TORSTAR NEWS SERVICE

MEDICAL VS. COSMETIC

Female genital procedures on the rise

Kristin Jones endured a "horrific" delivery when her daughter was born five years ago. It ended with an episiotomy — a surgical cut to enlarge the vaginal area — that led to an infection. She was left with no sensation in her bladder.

Jones recalls once standing up and feeling a gush of fluid. She sobbed in front of her husband, mortified by the experience.

"Your dignity is gone," the 34-year-old Ayr, Ont., teacher says, reflecting on the incident. Eventually, sensation in her bladder returned and, with a lot of physiotherapy, some control returned as well. But after her second child was born, Jones' bladder problems came back with a vengeance. Coughing, sneezing, laughing, running — anything might cause a leak.

Living in constant fear of a bladder mishap, she went to a urogynocologist in Toronto, who told her she could have an OHIP-covered procedure involving a mesh implant or try a pricey vaginal laser therapy treatment called IncontiLase that's not covered by OHIP but could, potentially, help Jones' leakage issues.

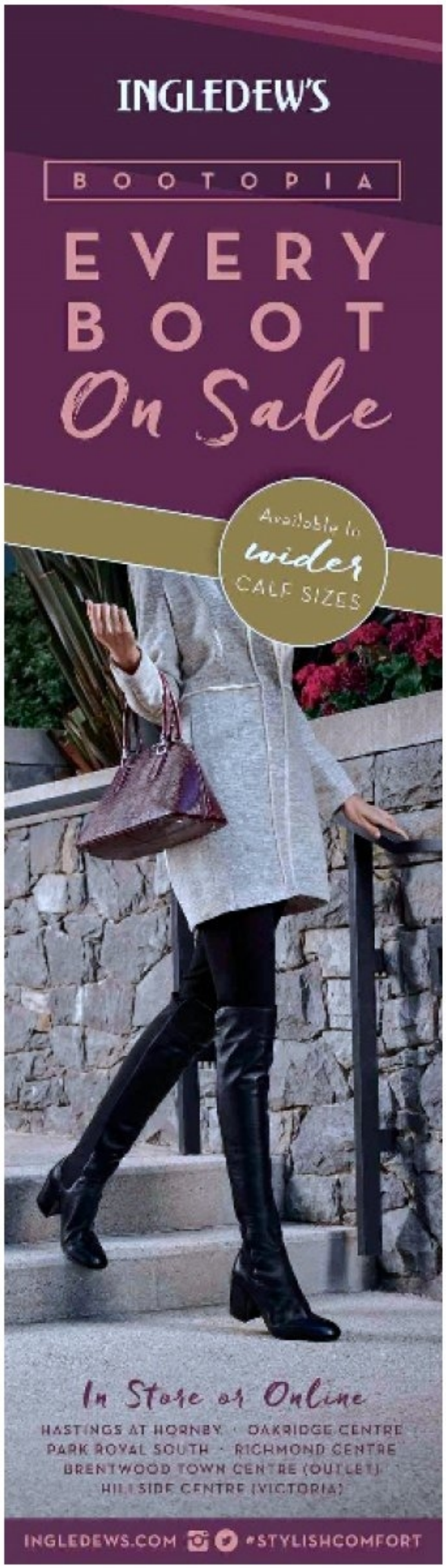
The increasing number of female genital cosmetic surgery procedures available to Canadian women include clitoral hood size reduction, perineoplasty, vaginoplasty, hymenoplasty, and G-spot augmentation — procedures which typically cost anywhere from $3,000 to more than $6,500.

In Jones' case, she opted for the IncontiLase procedure, and says the roughly $2,500 cost was money well spent since the experience was largely pain-free. Her bladder function post-procedure isn't "perfect," but a marked improvement, and she no longer worries about laughs or sneezes.

"I feel like I'm on the way to getting my life back," she says.

TORSTAR NEWS SERVICE

Kristin Jones suffered post-childbirth incontinence. NAKITA KRUCKER/TORSTAR NEWS



JOHANNA SCHNELLER WHAT I'M WATCHING

Atlanta worth a return trip

THE SHOW: Atlanta, Season 1, Episode 9
THE MOMENT: The playwright

One visit to Atlanta is just not enough, given the subtle tone and the ultra dry wit throughout the series. CONTRIBUTED

Earn (Donald Glover) and Vanessa (Zazie Beetz), the mother of his daughter, attend a Juneteenth party thrown by a rich, interracial couple.

Vanessa is hoping to impress the wife, a black woman who wishes she were white. The white husband, who wishes he were black, is trying to impress Earn.

Earn hates it all: the vibe, which he likens to a "Spike Lee-directed Eyes Wide Shut." The centrepieces shaped like slave ships. The pretentious guests, including a woman playwright who touts her latest work, With Tail Between Legs.

"It takes place in a strip club," she trills. "Two gang-bangers hold a pastor, a drug dealer and a pregnant teen hostage, in the middle of Hurricane Katrina."

"That's a real situation," Earn deadpans. "I'm glad that story is being told."

This is the third new series starring black characters who are navigating through largely white worlds (the other two are Insecure and Queen Sugar) and it's the most original.

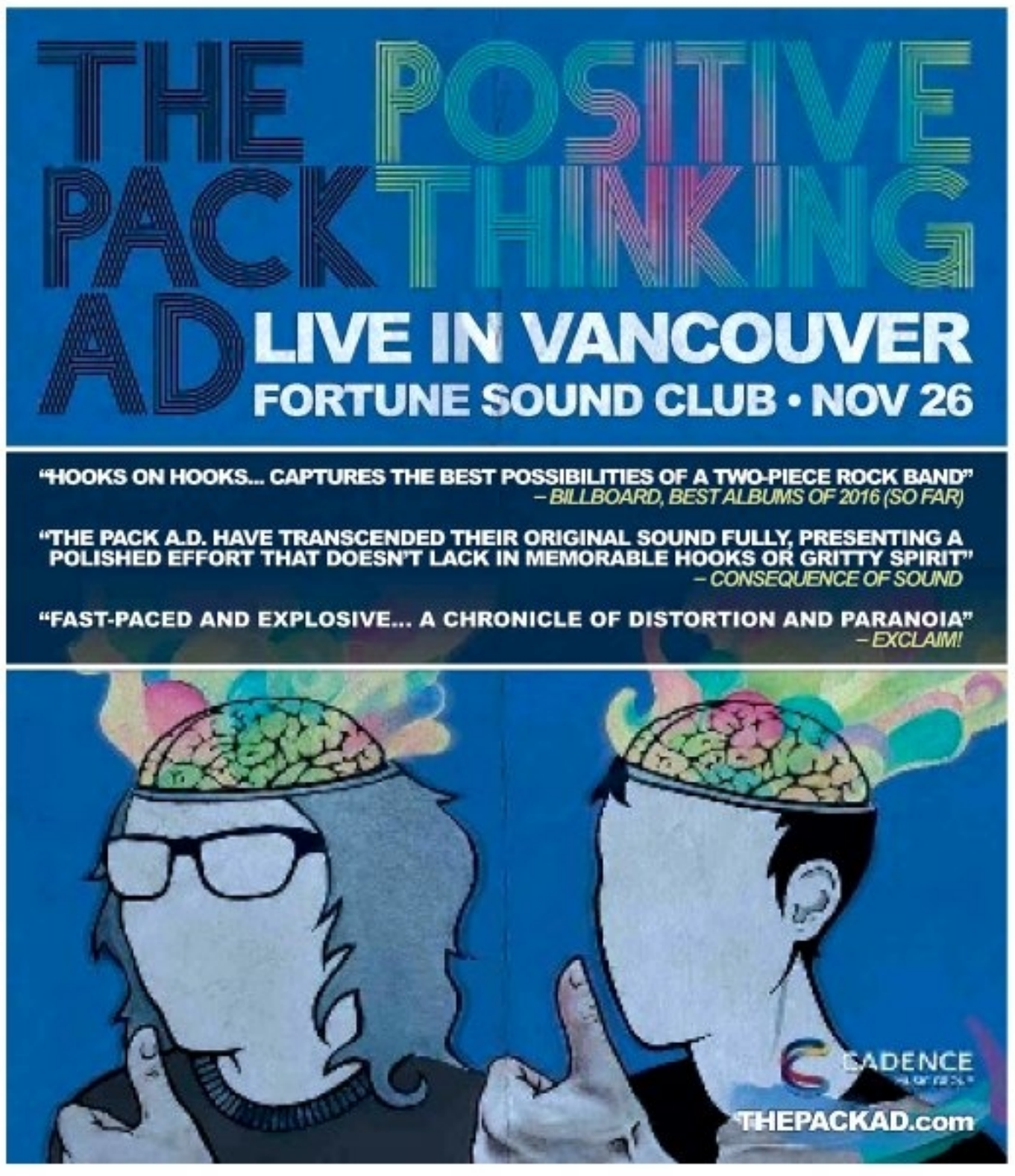
Glover, who created and writes it, has absorbed a key lesson from his years on Community: you can pull off anything on television if you're fearless enough.

So Earn, a depressed Princeton dropout who's managing his rapper cousin, can spend one episode at a fundraiser with Justin Bieber (who in the world of this show is black) and another witnessing his Uber driver being shot by cops for dealing drugs and weapons.

The tone throughout is so subtle and the wit so dry, each episode is better the second time you watch it.

Atlanta airs on FX Canada.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.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More the merrier for girls' reunion

Lorelai and Rory Gilmore (Lauren Graham and Alexis Bledel) are back in our lives. NETFLIX

NETFLIX

Lorelai, Rory and Co. return and serve up a slice of comfort

The familiar voices float softly from a black screen, as if in a dream.

There's Luke, gruffly: "How many cups have you had this morning?" And this parent-child banter: "Did you do something slutty?" Rory teasingly asks her mom. "I'm not THAT happy," shoots back Lorelai.

Thankfully, it's not imagined. It's the reality of Gilmore Girls, returning Friday after a nine-year absence, during which longtime fans pined for what they'd lost and newcomers discovered what they'd missed through reruns.

Opening-credit snippets of the show's hallmark dialogue kick off Netflix's sequel to the 2000-07 broadcast series with a promise: the characters, their snappy banter and the show's key notes will be honoured.

But the four-part Gilmore Girls: A Year in the Life is aimed at more than true believers, creator Amy Sherman-Palladino said in an interview.

"We want it to be something that fans know, but if you haven't watched Gilmore you can come to it fresh and take it on face value: It's a story of three women, an intergenerational, multi-generational story, and you are catching them at times that each of their lives is changing."

That trio around which the universe rotates consists of devoted single mom Lorelai Gilmore (Lauren Graham), her equally devoted daughter Rory (Alexis Bledel) and stern grandmother Emily (Kelly Bishop). As the first chapter opens, Lorelai and Rory are still the belles of fictional Connecticut hamlet Stars Hollow — so perfect, quips Lorelai, it belongs in a snow globe.

Luke (Scott Patterson), Lorelai's on-again, off-again love is here, as are the supporting characters who gave the show, well, character. That includes official town nudge Taylor (now lobbying for a sewer system); reliably idiosyncratic Kirk (he's just launched Ooober, a non-app version of Uber) and even buoyant chef Sookie (courtesy of Melissa McCarthy's return to her TV roots).

Whatever bliss viewers find in the girl-power dramedy's resurrection may be exceeded only by that of Sherman-Palladino, who wrote and produced it with Dan Palladino, her husband and creative partner on the sequel and the original.

"It was literally like no time had passed," Sherman-Palladino told a TV critics' news conference. "It was joyous. It was fun. It was exhilarating."

Graham sees Gilmore Girls as a welcome refuge from hard-edged TV and our prickly modern reality in general.

> **It was the old show. It was just like it was meant to continue.**
> Amy Sherman-Palladino

"I think it's because it's extremely comforting in a world that is lacking comfort and has a great choice of shows available that are stressful — great, but stressful — and so this kind of stands out in the way that it did then," she said.

The 90-minute episodes follow the seasons and are titled for each, starting with Winter. While Lorelai and Emily face Richard's death in their own way, they also find their relationship affected by it.

Rory's romantic past is a factor as all of her ex-boyfriends appear "one way or another," said Bledel. So is the character's journalism career, and while Bledel is aware that her character's love life intrigues viewers, she'd like them to consider the complete young woman.

"There is so much more to her character that it's great when people focus on those things, on her ambition and her accomplishments," the actress said.

Given that all the episodes will be made available at once on streaming service Netflix, Sherman-Palladino sees trouble on the horizon.

After holding close the four words she's long said should end the Gilmore saga (she wasn't in charge of the show's last season on the CW network), she wants viewers to avoid spoiling the experience, either by posting the phrase or by impatiently jumping to the final scene.

"It's going to mean a lot more if you've taken the journey, and it's going to mean a lot less if you just flip to the last page. ... It's a fun trip. It's worth it," she said.

THE ASSOCIATED PRESS

Quiet as Lam...but that's no bad thing

INTERVIEW

Amid the noise, designer's cool elegance helps him stand out

Derek Lam is a great example of how quieter, cooler and more elegant ideas will always win the fashion game. The noise and chaos of big-tent fashion — swollen heads and egos, gnashing logos and supermodels, the blink-and-gone trend hamster wheel — burns itself out.

What is left is elegant American sportswear that stands the test of time, and that is the foundation that Lam, now 50, has been building on steadily. In Toronto for a public appearance and runway presentation last week at Holt Renfrew in Yorkdale Shopping Centre, Lam showed his '70s-inflected, denim-heavy resort 2017 Derek Lam 10 Crosby line. He also took time to take stock in this time of roiling change in the retail and online fashion industry.

"There is just so much noise right now," he says, "especially about how the client is supposed to absorb and consume fashion."

Lam has spent a career putting his foot down on fashion's circus side. He made the surprising choice to show his spring 2017 collection earlier this fall to a handful of editors and buyers in an intimate setting instead of the usual three-ring runway spectacular at New York Fashion Week. "Intimacy is my statement on the shift to see now, buy now," he says. "Let it be intimate, with me talking directly about the work."

The whole Derek Lam world is available at Holts, with his premium eponymous collection ranging from $1,000 to $2,500 for dresses and gowns; Derek Lam 10 Crosby, his more casual contemporary line, named for the location of his Lower Manhattan studio, runs from $350 to $975 for women's blazers and coats.

Lam literally grew up in the garment business, in the San Francisco bridal dress factory owned by his grandparents. After graduating from New York's Parsons School of Design, he began his career at Michael Kors, before it became "the larger-than-life brand we know today, in capital letters," says Lam.

Lam was a designer for Kors (who remains the king of sexy American sportswear) through the '90s. He is a classic Generation X and like other creative types in his generational cohort he apprenticed before striking out on his own.

When he did make the leap, in 2003, his vision was clear. "That was a time when designers were big and loud, almost caricatures," he says. "I didn't feel the products lived up to the hype. I wanted to offer an alternative perspective, a personal view of style. I want all the attention on the work, and by extension, on the woman wearing my clothing."

Indeed, he has kept his growth slow, deliberate and "organic," in his words, partnering only with people who make sense — the artisans outside Venice who make his shoes, or the bag makers in Tuscany.

Lam has dressed U.S. first lady Michelle Obama, and his celebrity fans tend to be street-style stars known for "classy" or understated good taste, such as socialite Olivia Palermo.

A designer noted for his ferocious research, his chief laboratory is his window that looks out onto a SoHo street. "I'm so obsessed with watching women in the street. My window looks out onto a parade of inspiration."

And for his first foray into fragrance, he reverted to the moments he witnessed out that SoHo studio window. Each of the 10 fragrances is based on moods, feelings, and the moments in time they capture. Thus you have Rain Day to Drunk on Youth and 2 a.m. Kiss. He explains Blackout thusly: "It was based on the real New York blackout. It starts with trepidation and moves into a block party, a place where you find community."

That subtle message is at the heart of Lam's work: a quiet reflection, a moment of feeling.

TORSTAR NEWS SERVICE

> **I didn't feel the products lived up to the hype. I wanted to offer an alternative perspective.** Derek Lam

Fashion designer Derek Lam's upcoming line — Derek Lam 10 Crosby — is named after and inspired by his New York studio space and the women who walk by his window. The Mini Ave A Top Handle Satchel costs $745 at Holt Renfrew.

CARLOS OSORIO/JENNA MARIE WAKANI/TORSTAR NEW SERVICE

SPONSORED CONTENT — MBA GUIDE

Prepping for your MBA entrance interview

Pantsuit ironed and head held high, you walk confidently into your MBA entrance interview only to trip over the recruiter's foot and fall flat against the floor. Relax — this time around was only a dream, but something has told you it's time to start setting the scene for this upcoming event. So what exactly should you consider when getting set for your face-to-face?

"As with any interview, the student should prepare," says Cynthia Bishop, manager of student experience at McMaster University's DeGroote School of Business. "They should be researching the school and the program and should have a clear understanding of their application."

An application, says Bishop, that doesn't necessarily have to feature coveted positions at illustrious corporations.

"They could speak to summer jobs and volunteer work," says Bishop. "Often we look at the undergrad period. Did they organize clubs or competitive sports? We're probing to see that they demonstrating the potential for future leadership."

ISTOCK

And while Sandra Betton, MBA director at Concordia's John Molson School of Business, reminds that students should remember to bring along such tangible items as their statement of purpose and reference letters, there are a couple of things they should always check at the interview door.

"Two things a student should avoid are arrogance and not listening to the questions," says Betton.

"Not listening to the question is often a result of being nervous and we realize that," says Betton. "However, an answer that is completely off topic is a problem."

Betton adds that it's critical for interviewees to remember that the process is an opportunity to fill in the colour and texture that is often missing from rather clinical transcripts and CVs.

"Don't treat the interview as a meeting," says DeGroote's Bishop.

"The candidates that blow it out of the water know who they are and know where they want to go."

— *LIZ BEDDALL*

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metro SPORTS

Canadian opera group The Tenors will perform the anthem at the Grey Cup without controversial "All Lives Matter" ex-member Remigio Pereira

Canadian rookie earns his first win in a playoff

PGA TOUR

Hughes caps wire-to-wire victory with unlikely finish

Mackenzie Hughes figured he was down to his last chance to stay alive in a four-man playoff Monday morning in the RSM Classic.

The Canadian rookie with pluck and a pure putting stroke poured in an 18-foot par putt from off the 17th green at Sea Island, and that last chance turned into his first PGA Tour victory when the other three players all missed from 10 feet or closer.

"I made the putt of my life right there," Hughes said.

Hughes, from Dundas, Ont., calmed his nerves and came up clutch in the morning chill, becoming the first PGA Tour rookie in 20 years to go wire-to-wire for his first victory. The final day of a long year on the PGA Tour brought a most unlikely finish.

Hughes had a chance to end it Sunday until his 10-foot birdie putt in the dark on the 18th hole turned away. The next morning, he was the only player who was never on the green at the par-3 17th until his ball was in the cup.

Blayne Barber, Henrik Norlander and Camilo Villegas narrowly missed their par putts to extend the playoff.

Mackenzie Hughes reacts after winning his first PGA Tour tournament on Monday in St. Simons Island, Ga.
STREETER LECKA/GETTY IMAGES

Hughes was watching from off the green, and the prospect of winning became more real with each putt that missed — first Barber, then Norlander. And when Villegas missed his seven-footer, Hughes dropped his putter, turned his back on the green and knocked off his cap as he rubbed his head in disbelief.

"If I didn't make, I thought I was probably out," Hughes said. "Before I hit it, the thought was, 'Just make them think about it.' Put this putt in first, and if you can be the first guy in, put the pressure back on them. And that's what happened."

$1M

The win netted Hughes $1.08 million US.

The victory sends the 25-year-old to the Masters. One of his most vivid golf memories as a kid was watching Mike Weir win the green jacket in 2003.

"He was texting me last night a little bit," Hughes said. "It's pretty cool to have a guy like that to lean on for advice."

The last rookie to go wire-to-wire for his first win was Tim Herron at the 1996 Honda Classic. Hughes started this week with a 61, and he led after every round until he was posing with tournament host Davis Love III with the trophy.

Hughes, who closed with a 69 and finished at 17-under 265, capped a memorable fall season. THE ASSOCIATED PRESS

NHL

Laine's start mirrors Ovie's

How do Patrik Laine's dazzling first 21 games stack up against Alex Ovechkin, the superstar goal-scorer he's long been compared to?

Pretty favourably actually.

Starting his NHL career in the 2005-06 season, Ovechkin surged out of the gate with 15 goals and 22 points in his first 21 games with Washington, while firing 111 shots on goal. At the same stage of his rookie year with Winnipeg, Laine has 12 goals and 18 points, if managing a more tidy 57 shots.

Alex Ovechkin
GETTY IMAGES

Ovechkin would eventually beat out Sidney Crosby for the Calder Trophy in 2006, finishing with 52 goals and 106 points. The Russian star is now the grizzled 31-year-old captain of the Capitals and easily the greatest scorer of his generation and one of the best all-time.

Over the stretch of 12-plus years since he entered the league, Ovechkin has 171 more goals than his next closest competitor (Jarome Iginla).

Laine has a long way to go to reach those heights, but he's on the right track in the earliest stages of his highly touted NHL career. THE CANADIAN PRESS

BASEBALL HALL OF FAME

More stars tied to steroids on ballot

Steroids-tainted stars Manny Ramirez and Ivan Rodriguez are on baseball's Hall of Fame ballot for the first time along with Vladimir Guerrero.

5

Roger Clemens and Barry Bonds are on the ballot for the fifth time.

Jeff Bagwell is the top holdover on the 2017 Baseball Writers' Association of America 34-player ballot announced Monday. He fell 15 votes short of the required 75 per cent in 2016 voting.

Ramirez was suspended for 50 games in 2009 while with the Los Angeles Dodgers for using a banned female fertility drug while Rodriguez was never disciplined for PEDs but former Texas teammate Jose Canseco alleged in a 2005 book that he injected the catcher with steroids. THE ASSOCIATED PRESS

NHL IN BRIEF

Rangers score five unanswered to top Pens

J.T. Miller scored shorthanded to cap a second-period rally, helping the New York Rangers overcome an early two-goal deficit to beat the Pittsburgh Penguins 5-2 on Monday night.

The teams play again Wednesday night at Madison Square Garden to complete a pivotal, early season home-and-home between Metropolitan Division contenders.
THE ASSOCIATED PRESS

SEAHAWKS

Defenders Thomas, Shead hamstrung

Seattle Seahawks starting safety Earl Thomas and cornerback DeShawn Shead both have first-degree hamstring strains that will likely require a recovery period of 10 to 14 days.

Coach Pete Carroll gave an update on the two defensive backs during his radio show on KIRO-AM on Monday morning, a day after Seattle's 26-15 win over Philadelphia. Carroll wouldn't rule out either for next Sunday's game at Tampa Bay but said the typical recovery time for that type of strain was about two weeks.

Shead felt his hamstring acting up during Saturday's walkthrough and tried to go on Sunday but went to the sideline in the first half.

Thomas was injured in the third quarter while running downfield in coverage on a ball that was intercepted by Richard Sherman. Thomas has not missed a game in his professional career and has started 106 consecutive games. THE ASSOCIATED PRESS

Patrik Laine has 12 goals through 21 games.
BRUCE BENNETT/GETTY IMAGES

RECIPE Pasta e Fagioli

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This veggie-packed stoup (part soup, part stew: it's a thing!) is the perfect, healthy winter warmer.

Ready in: 35 minutes

Ingredients
- 1 Tbsp olive oil
- 1 onion diced
- 3 cloves of garlic minced
- 1 or 3 stalks of celery chopped
- 3 medium carrots sliced thinly
- 1 yellow or green zucchini, halved and then sliced
- 6 or so mushrooms cleaned and sliced
- 1 14 oz. can of cannelini beans
- 2 cups vegetable or chicken stock
- 1 x 28 oz. can of drained plum tomatoes
- 1 cup whole wheat tubetti pasta
- thyme and rosemary
- 1/2 cup grated parmesan

Directions

1. Sauté onion, garlic and celery in olive oil until they soften, about 3 minutes. Add carrots and cook 2 minutes before adding the zucchini and mushrooms. Let vegetables soften just a bit before adding the stock.

2. Drain the can of cannelini beans and scoop out about a third of a cup and roughly mash it. Put the mashed and unmashed beans into the pot and stir. Cover and simmer for 5 minutes.

3. Drain the tomatoes and add them, breaking them up with your spoon. Simmer for 5 minutes.

4. Add the cup of tubetti, a good pinch of thyme and rosemary and cook for 10 minutes. Add some salt and pepper to taste.

Serves 6

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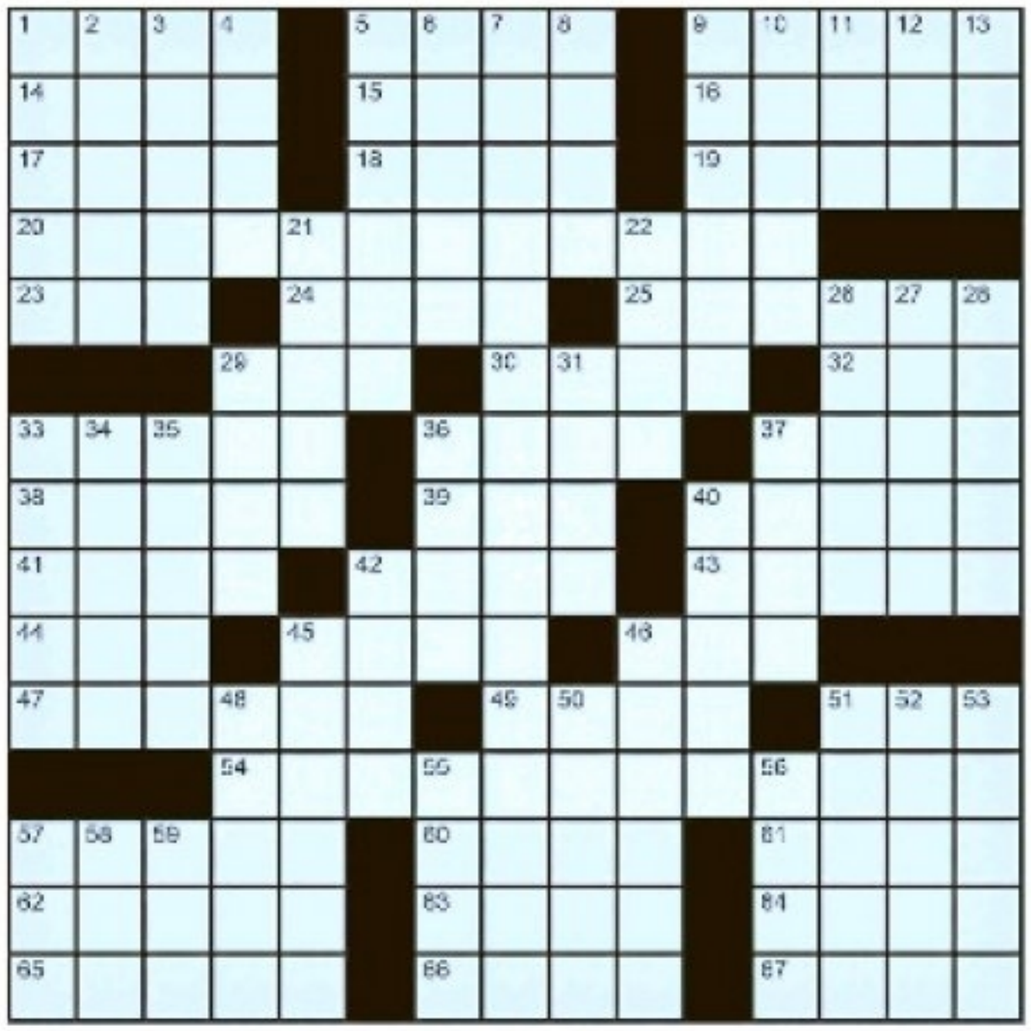
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Hollywood headliner
5. __ fide (Authentic)
9. Tightfisted
14. __ down the runway
15. "All By Myself" by __ Carmen
16. Kitchen appliance
17. "Step __ __!" (Pick up the pace!)
18. Musicals lyricist Tim
19. Boring tool
20. Woodstock, New Brunswick born lead singer of April Wine: 2 wds.
23. __ de deux
24. __-__ Ration dog food
25. __ __ balloon
29. Break a Commandment
30. Balanced
32. Open with might
33. Clean, clean, clean...
36. Hearty meal
37. Top-__ washer
38. Country singer Mr. Black
39. Driver's 4x4, commonly
40. Maison's entrance
41. Military level
42. Guitar bar
43. Autumn flower
44. Noah's creation
45. Sense
46. Lots of mins.
47. Spice mixture of India
49. Assist in wrongdoing
51. Gent's title
54. __ __ National Historic Site of Canada (Hudson's Bay Company installation built in 1833 in the Northwest Territories)
57. Tony __ (Former British PM)
60. Land-on-water
61. Helix
62. Baseball legend Yogi of famous quotes
63. Nickel, for one
64. Angela's mother on "Who's the Boss?"
65. Desert transport
66. Deep __ bends (Gym moves)
67. Jumpy

DOWN
1. Take big bold steps
2. Ms. Roberts of "Charlie's Angels"
3. Botanical leaf-to-stem angles
4. Ancient temple ceremony, for one
5. Candice of 1988 to 1998 comedy "Murphy Brown"
6. The Hunter constellation
7. Songstress of late-'70s chart-topper "Lotta Love" (Trivia! It was written by Neil Young): 2 wds.
8. Perfected
9. Colouring book colourer
10. Regularly frequented hangout
11. The Queen's lang.
12. 'Foot' finisher
13. 'P' in MPH
21. Avoid, as an issue
22. "Is it ever hot!"
26. Towards the ship's left side
27. Totally ticked
28. __ Cup (Golf trophy)
29. "You __ My Battleship!"
31. Depilatory brand
33. "Buzz off!"
34. Santa __, California
35. Sounds from the sties
36. Certain
37. Business write-off
40. __ Quebecois (Political group in Quebec)
42. "__ Factor"
45. Blooming
46. Roch Voisine title song lady
48. Burning
50. Negate
51. Hair accessory
52. Cupcake topping
53. Convey
55. Foe in Fido's fur
56. Highest point
57. UK network
58. Ms. Michele
59. Strong-__

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You will enjoy travelling today. You also will enjoy studying something new. Discussions about politics, religion and racial issues will be positive. (How refreshing.)

Taurus April 21 - May 21
This is an excellent day to decide how to divide an inheritance or deal with shared property, taxes, debt and insurance issues. All parties will be upbeat and positive.

Gemini May 22 - June 21
Relations with partners and close friends will be positive and fun-loving today. People are willing to look for solutions instead of focusing on problems.

Cancer June 22 - July 23
Work-related travel is likely today. This also is an excellent day to propose an idea to co-workers, because they likely will endorse you.

Leo July 24 - Aug. 23
Enjoy playful activities with children today. This also is a great day for a vacation or social occasions. Even teaching children will be a positive experience.

Virgo Aug. 24 - Sept. 23
You feel encouraged about home improvements. In fact, family discussions will be particularly positive today. It's a good time to implement your ideas.

Libra Sept. 24 - Oct. 23
Whatever you do today, you will be ambitious and expansive with your plans and ideas. You're not afraid to think big, because you feel confident!

Scorpio Oct. 24 - Nov. 22
This is an excellent day for business and commerce. Whatever you initiate likely will create a profit for you today and in the future.

Sagittarius Nov. 23 - Dec. 21
You are eager to talk to others today because you have big ideas and you want to share them with someone. The force of your enthusiasm will make others agree with you, because nothing succeeds like success.

Capricorn Dec. 22 - Jan. 20
Behind-the-scenes research will go well today, because you are confident that you will find what you're looking for.

Aquarius Jan. 21 - Feb. 19
Conversations with young people will be upbeat today. If you talk to a group, people will quickly fall in line with your suggestions because you are confident and positive.

Pisces
Feb. 20 - March 20
This is an excellent day to talk to bosses, parents and VIPs. Make your pitch and push your agenda, because people are in such a positive frame of mind today, they probably will say "yes."

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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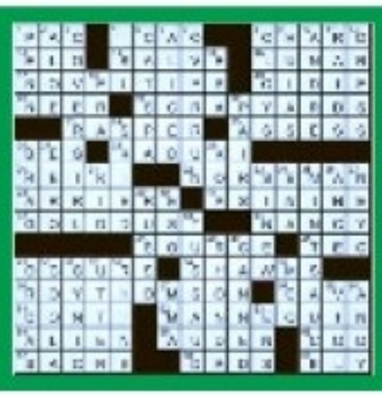

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